

You Can Cook!

Texas Hash with Brown Rice

FOR RECIPES, VISIT

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EAT.
MOVE.
SAVE.



In a large skillet, brown 1 lb. lean ground beef, stirring to crumble. Drain excess fat.



Add 1 can (14.5 oz) diced tomatoes with onions and peppers (or chop fresh onion and pepper).



Add 2.5 cups water and 1 cup uncooked regular rice.



Add 1 Tbsp. chili powder and 1/2 tsp. pepper. Stir.



Cover and cook over low heat until rice is tender, about 40-50 minutes.



Enjoy!

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5 Ways to Eat Brown Rice

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EAT.
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SAVE.



Veggie Tots



Easy Vegetable Soup



Texas Hash



Stuffed Peppers



Zesty Chicken and Rice with Potatoes